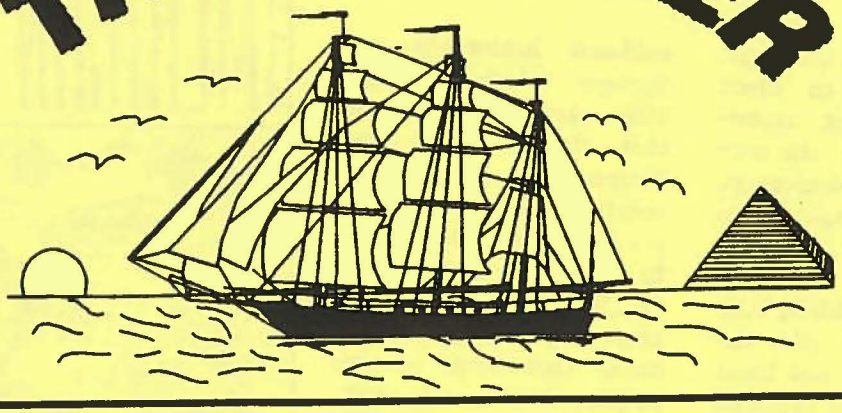
THE*CLIPPER



NAVAL HOSPITAL, MILLINGTON, TN VOL. 1 NUM 3.

Happy Easter

As we approach the summer months, it will soon be time to say good-by to many of our excellent staff and welcome new personnel. Iti is most important we, who are staying, provide sponsorship and help the newcomers settle in as part of our hospital team.

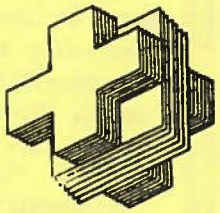
Although there may be some gaps in our staffing, every attempt is being made to minimize these times. We will be receiving a large number of hospital corps staff directly from "A" school, many ensign Nurse Corps Officers and several physicians from civilian training programs. This will be their first duty station, and we must all make it a positive and as professionally rewarding duty station as possible.

We are still working through some of the parking problems and everyone's patience is appreciated. There will be some minor adjustments but it is imperative all staff obtain their designated car sticker to facilitate this process.

Again this summer, we will have the Navy Band aboard to provide music at morning colors on a monthly basis, starting with this past 8 April. All staff, military and civilian, are invited to participate in this patriotic gesture.

On a separate note, welcome to Dr. Chu, the newest member of our hospital staff. Dr. Chu will be providing dermatology services three days a week to active duty and CHAMPUS-eligible beneficiaries under an internal partnership agreement. See you at the command picnic on 1 May 1992.

Departmental Highlight



PHP HEALTHCARE CORPORATION

At 0001, March 1st, the staff of PHP assumed operation of their first Emergency Medical Services contract and a new acute care clinic (ACC). PHP is a medical services corporation based in Alexandria, VA.

90% of PHP's 2700 employees are contracted to provide healthcare to military beneficiaries at 34 NAVCARE, Acute Care Clinics and speciality patient care units throughout the country. Some of those locations include: Charleston, Virginia Beach, Jacksonville, Long Beach, San Diego, Colorado and Oceanside.

PHP employed 80 individuals to provide 24 hour emergency medical care, 2 ambulance crews and an ambulance dispatcher and, from 0700 to 2300, acute care services for all eligible dependents, retirees and active duty members (military sick call continues to be the primary healthcare site for all active duty).

After 30 days of operation project manager Jack Young states that all services are running smoothly and opportunities to enhance access to care are being explored.

The number of patients seen has averaged 125-130/day in ACC and 30-35/day in the emergency room. All patients are initally screened in the emergency room where vital signs and a brief history are obtained.

Nurse manager, Tony Letchworth, and all the healthcare staff are quickly adapting to the Navy environment and are dedicated to providing quality patient care.

We Welcome aboard PHP to the Navy Healthcare Team!

DID YOU KNOW?
BY: LTJG ROMINE

Freedom and the right of Americans to elect their government representatives are the cornerstones of democracy. Voting is a right and a privilege. Our right to elect the President (Commander in Chief, U.S. Armed Forces), plus national, state and local leaders, is a precious one. It DIDN'T JUST HAPPEN! It was earned by courageous men and women willing to fight and die to establish and maintain the freedoms we enjoy.

The opportunity to vote in free elections is available to relatively few people throughout the world. Your right to vote, like all other rights, is forfeited unilaterally if not exercised. It is within your capability to strengthen our government by voting for the candidates of your choice.

Those who are privileged to vote bear the responsibility to actively participate in their country's political process. The vote of every eligible individual is necessary, for through this process, we make our political opinions known and select those who will serve in positions of national leadership. Surveys following the 1988 elections confirmed that the Navy Voting Program was highly successful. More Navy people exercised their right to vote than ever before (74.3%). At the same time, the surveys indicated that many of our people still are not voting because of lack of knowledge about the voting process and lack of motivation to participate. The overall goals of the 1992 Navy Voting Program are two- fold: (1) provide every member and eligible family member with information on all aspects of the voting program; and (2) increase voter participation. Our goal here at NAVHOSP Millington is 100% contact and hopefully 100% voter registration. Several staff members have indicated no desire to participate in this year's election. I urge you to reconsider and exercise your right and privilege. Information and assistance in voter registration and obtaining absentee ballots is available from LTJG Romine, Room 212, ext. 5906.

AMERICAN PROLOGUE

Voting Rights and Wrongs

These days, the Department of Defense goes to great lengths to make sure every service member gets the opportunity to vote. But it wasn't always that way.

During World War I, the War Department opposed a bill that would have allowed military members overseas to vote. Neither advisable nor desirable, said the War Department. It might interfere with the military efficiency of the fighting forces.

Not until 1942 did members of the armed forces away from home get the right to cast absentee ballots.

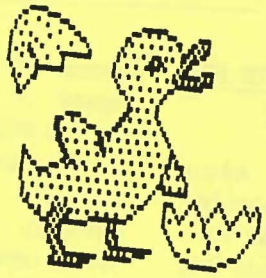
I NEED

YOUR VOTE

CONGRATULATIONS TO THE FOLLOWING PERSONNEL FOR THEIR NOMINATION TO THE CHIEF PETTY OFFICERS SELECTION BOARD

BM1 DONNA FABRAO	BM1 MARK CLARK
SK1 DONNELL BOLDEN	BM1 THOMAS MARTHALLER
MS1 NEMO BAKER	BM1 LARRY MOORE
MS1 JOHNNIE JONES	BM1 DONALD STEDRY
MS1 COLLEEN SCHONHOFF	BM1 DONALD VANHOOSER
BM1 DENNIS BOYLES	BM1 JAMES WARREN
BM1 BRUCE BUER	BM1 PATRICIA DIAZ
BM1 GEORGE FELLS	BM1 GARY HAMBLEN
BM1 CLIFFTON LANE	

BEST OF LUCK TO ALL OF YOU



ARRIVING PERSONAL FOR APRIL

NAME	RATE/RANK	DATE OF ARRIVAL
Morris, Corrie	BM3 E/4	APR 14
Robinson, Calvin	BN E/3	APR 20
Johnson, Michael	BM2 E/5	APR 01
Milvin, Ronnie	BM3 E/4	APR 14
Susa, Leonard	BM3 E/4	APR 14

DETACHING PERSONNEL FOR APRIL

NAME	RATE/RANK	DATE OF DEPARTURE
Edwards, Nicola	BN E/3	APR 08
Jones, Stephanie	BM3 E/4	APR 08
Boelzel, William	BN E/3	APR 08
Sees, Kimberly	BN E/3	APR 09
Allen-Jones, Nancy	IC2 E/5	APR 09
Harris, Curtis	BM2 E/5	APR 10
Paul, Joseph	MS2 E/5	APR 20
Heckart, Frederick	HA E/2	APR 20
Hohm, Erich	BN E/3	APR 22

AWARDS! AWARDS! AWARDS!

by BM3 Smith

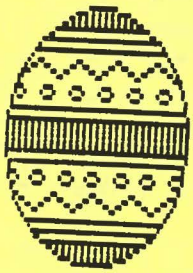
Awards presented to staff personnel during the month of March.

ENS Owens - Navy Achievement Medal
BM2 Martin - Navy Achievement Medal
HMCS Daily - Navy Achievement Medal
BM3 Ballard - Good Conduct Medal (first award)
BN Wiggins - Good Conduct Medal (first award)
BM3 Banks - Good Conduct Medal (first award)
BM3 Coleman - Good Conduct Medal (first award)
BM2 Bartsch - Good Conduct Medal (second award)
HMC McConnell- Good Conduct Medal (third award)
Ms. Betty Black - 10 year pin
Ms. Jessie Young - 10 year pin
HMC Montoya - Letter of Commendation
IC2 Turner - Letter of Commendation
BN Fall - Letter of Commendation
LT Moore - Letter of Appreciation
LCDR Nakashima - Letter of Appreciation
LT Beaver - Letter of Appreciation
LT Glover - Letter of Appreciation
LT Whitley - Letter of Appreciation
ENS Olivolo - Letter of Appreciation
ENS Roberts - Letter of Appreciation
Ms. Balestrini - Letter of Appreciation
Mr. Porter - Letter of Appreciation
Mr. Southall - Letter of Appreciation
Ms. Daily - Letter of Appreciation
BM1 Warren - Letter of Appreciation
BM1 Fabrao - Letter of Appreciation
BM1 Stedry - Letter of Appreciation
BM2 Willis - Letter of Appreciation
BM3 Perreira - Letter of Appreciation
BM3 Hardy - Letter of Appreciation
BM3 Traylor - Letter of Appreciation
BM3 Edwards - Letter of Appreciation
BM3 Stigar - Letter of Appreciation
BM3 Knighton - Letter of Appreciation
BN Julius - Letter of Appreciation
BN Pratt - Letter of Appreciation
BN Campbell - Letter of Appreciation
LCDR White - Certificate of Appreciation
BM1 Moore - Certificate of Appreciation
BM3 George - Certificate of Appreciation
BM3 Conrad - Certificate of Appreciation
BN Matthews - Certificate of Appreciation

She who from April dates her years,
Diamonds should wear, lest bitter
tears
For vain repentance flow; this stone,
Emblem of innocence is known.

HAPPY BIRTHDAY TOO...
by HM1 Debra Santee

Darlene Brigance	HN Nicola Woolforkedwards
William Daniel	HM2 Christopher Santee
John Holt	LTJG Daniel Celeski
Bernice Neal	HM3 Robin Anthony
Carolyn Malone	HM1 Jon Freeland
Able Smith	HM2 Mark Clark
Jon Showalter	HA Dorcus Cintron
HM1 Michael Beckley	HA Jennifer Martin
HM2 Timothy Coleman	HN Brian Drzewiecki
HM1 Hector Diaz	HN Craig Wilson
HM3 Judy Sheehan	HN Raymond Yoon
HM1 Ross Wilber	HM1 Richard Reiser
MS2 Evance Lee	HA Brian Priest
MS2 Brenda Brown	HM3 Lorna Sams
LT Richard Henry	HA James Hussey
HM1 Donna Fabrao	HA Steven Zych
HN Blake Browne	HM1 Donald Stedry
LTJG Violet Payne	HM2 James Vaughn
CAPT Robert Arnold	Charles Crouch
CAPT James Means	HA Donald Long
HM2 Peggy Zachow	HA Richard Icenhower
LCDR Robert Walters	HA Jonathon Griffith
Evelyn Daniels	HA Dana Stablein
CDR William Hughes	ST2 Michael Schrayer
HN Kimberly Sees	HM1 Richard Cash
ENS Faaron Price	HA Donald Gardner
HN Leeann Campbell	HM3 Anthony Jackson



THE CIVILIAN COMMUNITY

WELCOME ABOARD TO OUR NEW CIVILIAN EMPLOYEES:

Brenda Owens - Admin
Willie Hall-Housekeeping
Terri Thorne - Fam Prac
Marie Gulbert-Social Wrk
Sandra Meyer - Fiscal

* * * * * * *

THE CONSOLIDATED CIVILIAN PERSONNEL OFFICE HAS A NEW NAME:

Out with the old and in with the new; CCPO's new name is the Human Resources Office, Memphis Branch. To save confusion this publication will still refer to them as CCPO.

* * * * * * *

UPDATE OF OFFICIAL PERSONNEL FOLDER (OPF):

The OPF is the permanent and official record of each civil service employee's employment history. Many personnel decisions, such as qualification determinations during a Reduction-in-force (RIF), are made based on material filed in the OPF. Therefore, it is important that the OPF includes current and accurate information on your experience, education, training, etc. If you have not updated your OPF recently, you are encouraged to make an appointment with the receptionist at CCPO (ext 5324) to review your OPF. You may update your OPF by submitting an SF-171 (Personal Qualifications Statement) or an SF-172 (Amendment to Personal Qualifications Statement) to CCPO for inclusion in your OPF.

* * * * * * *

LET ME HEAR FROM YOU.....

Any items of interest or concern, regarding civilian matters (for input in the newspaper) may be directed to Cyndi Eldridge in room 238.

* * * * * * *

NAVY GROUP HELPS LOCAL CRISIS CENTER

Clothing donated to center

Accepting a donation of clothing to the Millington Crisis Center Ministry from Dental Technician First Class Felton Johnson (holding box) are (from left) Eddie Sue Alexander and Alfreda Brooks, Crisis Center volunteers; Frances Murray, Crisis Center director; Edna Camp, volunteer; and Sylvia Neighbors, Crisis Center founder. Johnson is president of the Naval Hospital Millington first and Second Class Petty Officers Association, which collected the clothing during a two-week drive.

SUBMITTED BY DT1 JOHNSON FROM THE MILLINGTON STAR

The Naval Hospital Millington First and Second Class Petty Officers Association recently started a new relationship with the Millington Crisis Center Ministry by sponsoring a clothing drive and donating the items collected to the Crisis Center.

Dental Technician First Class Felton Johnson, president of the Petty Officers Association, delivered the clothing collected in a two-week drive at the hospital to the Crisis Center.

Upon presenting the clothing to Frances Murray, center director, and a crew of volunteer workers at the center, Johnson told the group that the association planned to provide additional support and help to the Crisis Center Ministry on a continuing basis.

"Our association is trying to let the community know that Naval Hospital Millington is concerned about them and wants the people of Millington to know we are interested in working with everyone, both civilian and military," Johnson said.

Murray and the volunteer workers present when Johnson brought a box and several paper sacks of clothing expressed their appreciation for the clothing and told the petty officer they were excited about the prospects of a continuing relationship with his organization.

Murray also told Johnson the Crisis Center thrift shop and services are available to many military families and the center would welcome more involvement with the local military community.

"All military families in grade E-4 and below are welcome to shop in our thrift shop free of charge," Murray stated, and added that she hoped the association could help get the word out to more military families."

CHAPLAIN MIKE'S EASTER MESSAGE
"A POINT OF CONTACT"

There were some puppies for sale. A little boy asked how much they were, and he was told, $50.

"Well," the little boys face dropped, "could I at least hold one?"

"Sure!" came the reply and a basket of puppies were presented before the little fellow. The cutest puppies jumped out, wagging their tails, licked the face and played happily. But there was another puppy that couldn't jump or play like the others.

"What's the matter with this puppy?" the boy inquired.

"Well, that puppy is crippled. The vet says the pup doesn't have a hip joint and the animal will never be right."

To the person's amazement, the little boy pleaded to buy the crippled pup. "I'll pay you fifty cents every week until the amount is paid. Honest I will!"

"But you don't understand! That pup will never, never be able to run or jump or be normal. It will be a cripple forever. Why would you want a useless pup like that?" Came the question.

The little boy paused for a moment, then reached down and pulled up his pant leg, exposing an iron brace and leather knee-strap holding a twisted leg. The boy answered, "That pup is going to need someone who understands him to help him live!"

Crippled and disfigured by sin, the risen Christ of glory has given us hope. He understands us - our temptations, our discouragement, and even our thoughts concerning death. By his resurrection, we have help in this life, and hope for life to come. He has paid the price!

In his Service and Yours,

CHAPEL OPPORTUNITIES

Hospital Chapel (Open 24 hrs. on 3rd Deck)
Monday - Friday Prayer/Share Fellowship at 1545
Wednesday Bible Study at 1200
Friday - Roman Catholic Mass at 1130

Branch Clinic
Thursday - Bible Study at 1130
Other Worship Opportunities contact NAS Chapel at 873-5341.

Pastoral Counseling is available for individual, family marriage, pre- marriage, divorce, sacraments, death/dying, substance abuse, eating disorders, etc. Call the Chaplain's office at Rm. 220, 873-5828/9.

Chaplain available 24 hrs. by calling NAS OOD at 873-5509.

Holy Week Chapel Activities

NAVHOSP

15 April- 1200 Bible Study
16 April- 1100 Communion at Clinic
1200 Communion at Hospital
17 April- 1200 Ecumenical Service of the Cross
18 April- 1800 Passover Carry-in the Military Personnel at Poplar Grove United Methodist Church in Drummonds TN

ECUMENICAL

19 April- 0700 Easter Ecumenical Sunrise Sevice and Easter Egg Hunt at Navy Lake

NAS CHAPEL
CATHOLIC

11 April- 1730 Palm Sunday Vigil Mass - Distribution of Palms
12 April- 0900 Palm Sunday Mass - Distribution of Palm
1130 Palm Sunday Mass - Distribution of Palm
16 April- 1730 Holy Thursday Mass
17 April- 1730 Good Friday Liturgy
18 April- 2000 Holy Saturday Easter Vigil Mass
19 April- 0900 Easter Sunday Mass
1130 Easter Sunday Mass

NAS ORTHODOX

19 April- 1045 Orthodox Palm Sunday Liturgy
24 April- 1700 Holy Friday Vespers
26 April- 0000 Orthodox Easter Liturgy

NAS PROTESTANT

12 April- 0900 Palm Sunday - Distribution of Palms
1030 Palm Sunday - Distribution of Palms
16 April- 1900 Maundy Thursday - Dramatization
1030 Easter Sunday Service

As we change into our summer uniforms I would ask each of you to reflect upon your military image. The Navy uniform is an important element in the morale, pride, discipline and effectiveness of the Navy organization. All military members have the responsibility to present a neat, well-groomed appearance and to wear their uniforms with the utmost correctness and pride. Uniforms promote a feeling of unity and contribute smartness to the appearance of individuals. Your uniform is distinctive visual evidence of the authority and responsibility vested in you by your country. Are you presenting a proud and professional appearance that reflects positively on you, the Navy and the United States? Are your uniforms in good condition? Do you wear your uniform properly? Do you meet the Navy's grooming standards? The meaning of the uniform is well expressed in the following excerpt, taken from an address delivered to a group of midshipmen at their graduation:

"Have an exalted pride in the uniform you wear and all that it represents. Wear it correctly; wear it proudly. Salute it with respect when you meet it; behave in it in a seemly manner; protect it when it is offended or in danger. It represents the fleet, the Nation, your home, and your family. It is a symbol of all that is dear to you and all that men are willing to die for."

Is your military image what it should be?

WHY WAIGHT?

Do you know anyone who is sweating the approach of the PRT schedules? For 6 months, he ate without thinking, did not exercise, and now he is overfat. Last PRT, he lost 20 lbs. and now he has gained 25 lbs. He drank fad diet formula for a month and was miserable the whole time. He dieted rather than having changed his eating habits and meal plans. An attitude adjustment is sometimes just as important as cutting calories or adding exercise. A wieght loss plan should include a goal/reward system, exercise, a strategy for coping with difficult/unexpected situations, and a wellbalanced meal plan. Set a relistic goal that can be tracked. "Aim at nothing, hit nothing." Weight loss of 1 to 2 lbs. per week can be expected and is safe. For example, John Doughnut plans to lose 15 lbs. over the next 3 months. In order to lose 5 lbs. each month, he may have to switch from having a danish every day to two times a week. Diane Divan could walk 3 or 4 times a week, instead of sitting on her sofa. When a goal has been reached, then a reward is in order. Joh could read the latest To Clancy novel and Dian could soak in a hot tu for 30 minutes. Th goal/reward system ca differ, but should no depend on food. You weight control pla should include exercis to increase calorie used, control appetit and stress, and streng then your body. A per sonal plan can help whe you are faced with spe cial problems. A break fest for Harry Hurrie Could be as simple a a bagel and a glass o juice. Then Harry can ea a sensible lunch, rathe than being starved b noon. A wellbalanced mea plan uses foods from al Four Basic food Group daily. Limit calories avoid items high in sug ars (punch, cakes) an fats (french fries chips). Avoid alcohol, a even lite beer often con tains 100 to 120 calorie per 12oz can. As an indi vidual meal plan canno be adequately addresse in this column, you ma wish to call Extensio 5820 or 5902 for more in formation. POC is LT A Whitley or Mrs. S. B Ryan.

U.S. SAVINGS BONDS

THE GREAT AMERICAN INVESTMENT

HAPPY EASTER

NEW COMMAND OMBUDSMAN

As the recently appointed Ombudsman for the Naval Hospital Families, I would like to challenge each and every family member to help in supporting effective communication with the command, for the welfare and morale of all Hospital Family Members. My major role, as the Ombudsman, is to serve as a connector between the Command and the dependents and the resources within the community. I am serving in the capacity of a referral agent and an interpersonal helper. I am here to assist every family either settling in, checking out, or mid way through tour. I am here to assist families with any problems that may arise during your stay in the Millington and Memphis area. I encourage every family to utilize my service as Ombudsman. Feel free to call on me whenever the need arises. I am also trying to comprise a current list of spouses names, addresses, and phone numbers, please call me with this or any relevant information to help me to better serve you. My phone number is 872-0733, I am available 24 hours a day for emergencies however, I would like to contain routine calls between the hours of 9:00 am and 8:00 pm.

Krystal (Krys) Smith

"Why does Naval Hospital, Millington charge for Command Functions. This question has been asked several times over the past year and the Recreation Committee would like to take this opportunity to hopefully answer this question. On a quarterly basis, the Command receives $1.50 for each military member assigned to the hospital. This equates to approximately $850 every three months. Any supplement to this money through fund raisers must be turned into MWR on southside where it becomes part of MWR's money and is then distributed throughout all the commands. Last year, beginning in June, the Recreation Committee sponsored four events, the average cost of each of these events, with the exception of the Christmas Party, was $1500. The Christmas Party cost less because those attending paid for their meal. The Committee works hard to keep costs down. They research food and soda prices to determine where the best buys are located. Even so, MWR funds are not enough to totally pay for a function. It is necessary to charge a small fee to help defray the unfunded portion of the total cost.

The Committee welcomes suggestions. We hope this will help the command better understand why there is a charge for functions.

National Medical Laboratory Week

The Laboratory Department wishes to announce the week of 12 April - 18 April 92 as National Medical Laboratory week.
This year's theme for the NMCW is, "Our Mission: Your Good Health." The following activities will be held during National Medical Laboratory Week:

1. Laboratory Open House, for staff personnel and the lay public. This will give the public a general tour and overview of the laboratory spaces.
2. Slide shows and Microscope presentations. The slide show and Microscopes, as well as the open house, will be from 1300 - 1630, 12 April - 18 April.

For further information contact HM2 A. Whitt ext. 5833 or 5832.

SKATE RATE

submitted by:
HM1(AW) Edwards

"All you corpsmen ever do is skate! You guys never do any work; I wish I had an easy job like yours!" We hear those comments every day and put up with endless kidding about our "easy" job. I hope to clear up some of the myths about my job and just how easy it is, at times. A machinists mate once told me that if you didn't have greasy hands you were in a "skate rate." And we all know that corpsmen never get their hands dirty.

But just how easy is it being a corpsman? Working around pain, suffering, and, many times, death has never been easy for me. I had been a corpsman for two months when a three-year-old boy died in my arms on Christmas eve. He died of Tay-Sachs disease; it's incurable and it only affects very young children. I was about to become a father myself.

A 38-year-old woman who had undergone several operations to arrest cancer lost the battle against that disease on her birthday. She left behind a husband and five children, the youngest of whom was 18 months. Her husband was a Marine master sergeant. I had pictured all Marines as "towers of strength" incapable of showing any emotion. When I saw him in tears that day, I realized that the men of our toughest fighting outfit were also very human, and that I was ignorant in assuming otherwise. I had a lot to learn.

When I was assigned to the Marines, one of my first duties was on an ambulance crew. My first run was to the grenade range where a drill instructor and a recruit were killed by a hand grenade. The scene was the most sickening thing I've seen to this day. There were some very lucky recruits though, because a heroic drill instructor gave his life so that they wouldn't be killed. And then there was the recruit who ended his life with a rifle bullet through his head, the pilot who ejected out of his aircraft when it went sideways and skipped like a pebble 300 yards down the runway, and the baby who was beaten by his parents because he wouldn't stop crying. He died. I could go on, but I hope I've made my point.

Many people see us when we are not working. To tell the truth, I'd rather not have to work, because when I have to work one of my shipmates is either sick or injured. I have never gotten used to seeing people hurt. If a person thinks my job is "skating," why don't they try it? Grease and blood both wash off, but do you remember the times and circumstances that you hands were dirty? I can recall every time I've had blood on my hands and even though it washes off, it's hard to forget.

I love my job and I am proud of what I do. I put up with ignorant comments every day about my job, but to be called "Doc" means the world to me, especially when a shipmate would rather see his doc than to go to the dispensary.

So if I skate or am out of work, it's your fault. (Keep it that way, please.) But, should you decide to bring your business my way, I am ready and waiting to serve you.

-HM2 Mark J. McClellan, USN, USS Mobile (LKA-115)

THE CLIPPER STAFF

CDR R. Harbaugh - Editor
HMCM E. Petty
LCDR M. White
LCDR P. McConnaughey
LTJG J. Romine
HMCS G. Bulgin
HMC W. Miles
HM1 D. Santee
HM1 T. Gough
HM2 D. Casthon
HM3 J. Smith
HM3 J. Hardy
Cindy Eldridge

"CAMIS Masters"

The current CAMIS masters are as listed below:

Medi-quiz - HM1 Fabrao

OR Medi-quiz - HM3 Hardy
HM1 Stedry

Lab Medi-quiz - ????

Personnel in Education are issuing a challenge for everybody to come by and TRY to beat their current scores!

LOOKING FOR THE PERFECT BODY

Have you heard that May is National Physical Fitness and Sports month and it is also National High Blood Pressure month? In celebration, the Naval Hospital is sponsoring a Health Fair on Saturday, 09 May from 0800 until 1400 at the NAS gymnasium. The Health Fair will be open to all active duty, retired, dependents and civilian employees.

Health Fairs are intended to aquaint members, their dependents and civilians with ways to reduce health risks, adopt an overall healthy lifestyle, and provide health information.

At 0800, the day will begin with a fun Walk/Run at the gym. At 0900 exhibits will be open inside the gym. Twelve volunteer agencies and thirty Naval Hospital sponsored displays will be held to increase your health awareness. There will be several FREE health screening stations along with demonstrations such as Karate and Dance groups and various lectures throughout the day.

Volunteers are still needed for things such as setup, manning health screening stations and assisting with passing out information. To voluteer your assistance, contact Nancy Balestrini at Education and Training, ext. 5810.

Come on out, bring your family and tell all your friends about "Spring Health Awarness 92" on 09 May and help support the Naval Hospital Health Fair.

FOR SALE

SEGA GENESIS
2 games, 2 joysticks Purchased in DEC 91 for 230.00 Will sell for 150.00. Games include John Madden 92 football and Hedgehog. Contact HM1 Gough at Ext. 5654 or 837-1313

LEER CAMPER SHELL
Camper Shell for early 1980's Ford or Chevy Stepside Pick-up. Silver with Tinted Glass. Contact HM1 Smith at Ext. 5654 Asking $150.00

BOAT
20' Grady White, Walk around Cuddy, 165 Mercury Inboard/Outboard recently rebuilt, Depth Finder, VHF Radio, AM/FM Cassette Radio, Trailor with electric winch. Asking $2500.00 or OBO. Contact HMC McConnell at Ext: 5654 or 388-5583

BRANCH OFF

BRANCH MEDICAL CLINIC

BRANCH SPOTLIGHT

PFC George Sanchez entered the USMC on 28 May 1991 after graduating from Reseda High School in Los Angeles, California. After completion of Boot Camp in San Diego and Marine Corps Training at Camp Pendleton he reported to NAS Millington on 8 October 91 for Basic Helicopter Course Training. However in December of that same year he was placed on Medical Hold. Not to be deterred from acting as a marine, PFC Sanchez took this time to do something out of the ordinary from being a Marine. He volunteered to assist Aviation Medicine with their enormous load of daily physicals. The current Sailor of the Year, HM2 Richardville thinks very highly of this Marine by his following comment: " PFC Sanchez is competent in the performance of his tasks in providing Audiograms, Blood Pressures, Visual Activities, Anthro measurements and EKG's. He has shown himself to be a very valuable asset to this department."

PFC Sanchez provided the following statement for the Branch Medical Department and Staff members he associates with on a daily basis. " I thoroughly enjoy the atmosphere and the camaraderie of the Hospital Corps. I am treated in the same respect as everyone else and its great." PFC Sanchez will continue his " Honorary Corpsman " duties until such time as he is discharged. From the Hospital staff who works with him we hope that will be a long time coming. Bravo Zulo PFC Sanchez and Thanks.

FOR SALE

Eggs for sale - Brown, country, fresh $1.00 per dozen. See Mr. Counts in the library or call ext. 5846.

PERATION SHAMEROCK 4 MILE RUN

On a day when mostly everyone else was enjoying the Green Beer and festivities that is normally associated with St. Patricks Day, some people decided to run for charity. On 17 March 92 five personnel from the Navy Hospital and Branch Medical Clinic chose to participate in a 4 mile run to benefit the Family Link Adolescent Center in Memphis. The night was perfect for a run and there were many contestants at the Sports "Q" where the race began. Rough attendance was approximately 700 people. Command Hospital representatives and their run times were as follows: Chaplain Michael White (25:41), LT. Luka (29:40), HM1 D.J. Flannery (22:29), HM1 T.J. Gough (29.00) and HM2 D.E. Cawthon (29:02). The runners would like to thank each and everyone who helped sponsor the run and contributed in making it a success.
Way to go runners.

The Clipper is looking for a sports writer. Anyone who would like to be in charge of the sports column. please contact the Command Master Chief at ext. 5837.

COMMAND FITNESS CORNER

WOMEN AND EXERCISE

Exercise is an important component everyone healthy lifestyle. Women traditionally have had to respond to a series of mixed messages concerning "appropriate exercise for the female gender." While being told that exercise/sports were healthy, women were often discouraged from exercising because it wasn't the feminine thing to do. Hopefully this sexist thinking is rapidly becoming a thing of the past. Exercise as part of a healthy lifestyle is not a gender issue. The health benefits women receive from a balanced exercise program are identical to those received by men.

Women and men do indeed have gender related differences, and these differences are more than skin deep. Women have a higher percent body fat, a smaller heart, smaller lung volumes, lower hemoglobin concentration, and less lean muscle mass when compared to men. These are important considerations for maximal physical performance. Because of the higher percent body fat, smaller heart size and decreased hemoglobin concentration females have a lessened ability to transport oxygen resulting in a maximal oxygen consumption 15 - 25% lower than a male. Because of the lower percentage of lean muscle mass a women has less muscular strength than a man. This does not represent a difference in male and female muscle fiber structure or function. The difference in muscle mass is a result of the male muscle fiber having a greater cross sectional diameter. It is particularly important to remember that up until the age of ten or twelve the physical capabilities of male and females are equal. It is the unique changes occurring during puberty and the associated hormonal differences that account for many of the gender related performance capabilities.

Exercise issues unique to women include alterations in menstrual function, pregnancy, changes in bone density, and the possible excessive use of exercise as part of an eating disorder. For general physical fitness programs, alterations in menstrual functions is rarely an issue. In high performance endurance athletics, women can become amenorrheic and subsequently suffer from loss of bone density, increasing their risk of musculoskeletal injuries. Women can exercise safely during an uncomplicated pregnancy, however this needs to be a structured program taking into consideration the woman's prior level of physical conditioning and after evaluation by her maternity specialist. Excessive exercise along with severely decreased body weight (below healthy standards) can also be symptomatic of an eating disorder. These eating disorders (Anorexia nervosa and Bulimia nervosa) are very serious and may cause major medical problems.

One of the most exciting trends in physical fitness over recent years is the increased involvement by women and opportunities for women in the area of sports and physical fitness. Women today enjoy more acceptance and encouragement in their fitness and athletic endeavors than at any other time in this society's history. While this trend is evident throughout our soci[illegible] it is nowhere ev[illegible] than in the military service. In fact military women should take pride from being in the vanguard of furthering women's fitness issue and physical capabilities.